

Kawm Txog

KEV LOM LOS NTAWM HMOOV TXHUAS

Tiv Thaiiv Koj Cov Menyuam



Hmoov txhuas yuav ua mob tau rau koj tus menyuam lub hlwb

- Kev lom los ntawm hmoov txhuas yuav ua tau rau kom nyuaj rau koj tus menyuam kawm ntawv, kev mloog lus thiab coj cwj pwm nyuaj.
- Cov menyuam yau raug lom los ntawm hmoov txhuas ntaw dua cov menyuam uas hlob zog. Hmoov txhuas tseem phom sij dua rau lawv.



Feem ntaw cov menyuam uas raug lom los ntawm hmoov txhuas tsis zoo li nws muaj mob los sis tsis coj li nws muaj mob

- Tib txoj kev uas yuav paub seb koj tus menyuam puas raug lom los ntawm hmoov txhuas yog coj koj tus menyuam mus tso ntshav sim seb puas muaj hmoov txhuas.
- Nrog koj tus menyuam tus kws kho mob tham. Tej zaum yuav tau tso koj tus menyuam cov ntshav coj mus soj ntsuam seb puas raug lom los ntawm hmoov txhuas. Feem ntaw soj ntsuam cov menyuam thaum uas lawy muaj 1 thiab 2 xyoos. Ib co menyuam uas muaj 2 xyoos rov sauv yuav tsum tau coj mus soj ntsuam thiab.

• Tej zaum koj tus menyuam yuav tau kev pab kho mob dawb, nrog rau ib qho kev soj ntsuam dawb seb puas muaj hmoov txhuas nyob hauv cov ntshav. Yog xav paub ntxiv, hu 1-888-747-1222. Tus xov tooj no yog hu dawb xwb.

- Yog hais tias koj cev xeeb tub, tej zaum hmoov txhuas yuav ua mob tau rau koj tus menyuam hauv plab thiab. Nug koj tus kws kho mob seb koj puas yuav tsum tau mus sim ntshav seb puas muaj hmoov txhuas.

CEEV FAJ TXOG COV KEV PHOM SIJ NTAWM COV HMOOV TXHUAS NO

Ua raws li cov lus nram qab no los pab kom koj tus menyuam tsis txhob muaj kev phom sij.



HMOOV TXHUAS MUAJ NYOB HAUVE cov yeeb yuj pleev tsev thiab cov plua tshauv uas nyob sab hauv thiab sab nrauv ntawm cov tsev uas ua, ua ntej 1978.

- Txhuam tsev, muab ntaub ntu los so cov npoo qhov rais, nqus tsev, thiab siv tshuaj ntxuav tag nrho cov chaw ntawv ob peb zaug. Muab cov dej huv los yaug.
- Yuav tsum tau ntxuav koj tus menyuam txhais tes ua ntej noj mov thiab ua ntej yuav mus pw txhua hnub. Ntxuav koj tus menyuam txhais tes thiab cov koom ua si kom ntaw.
- Tsis txhob cia koj tus menyuam zom tej yam uas muaj yeeb yuj pleev tsev los sis noj cov yeeb yuj uas nti, av los sis av nkos.

- Cog xyoob ntoo, muab pob zeb, av khov, ntoo, los sis xuab zeb los leem cov av uas do do sab nraum zoov.
- Hle khau los sis so ko taw rau ntawm daim ntaub ntawm qhov rooj ua ntej nkag mus rau hauv tsev.
- Tsis txhob txhuam, txhuam tej phab ntsa thaum qhauv, xua tshuab los ntxuav, nti, los sis xua tshuab los txhuam cov yeeb yuj pleev tsev uas yog hais tias twb tau soj ntsuam lawm thiab koj paub hais tias cov yeeb yuj pleev tsev ntawm tsis muaj hmoov txhuas nyob rau hauv. Hu rau Kev Pab Cuam Tiv Thaiiv Kev Lom Los Ntawm Hmoov Txhuas Thaum Menyuam Yaus es xyuas seb yuav soj ntsuam koj cov yeeb yuj pleev tsev li cas.



HMOOV TXHUAS MUAJ NYOB HAUVE cov lauj kaub thiab tais diav uas qub qub, cov uas xuas tes ua, los sis ua tawm hauv U.S.

- Soj ntsuam cov no seb puas muaj hmoov txhuas ua ntej koj siv rau koom noj los sis dej haus. Hu rau Kev Pab Cuam Tiv Thaiiv Kev Lom Los Ntawm Hmoov Txhuas Thaum Menyuam Yaus es xyuas seb yuav soj ntsuam koj cov lauj kaub thiab tais diav li cas.

HMOOV TXHUAS MUAJ NYOB HAUVE ntaw qhov chaw ua hauj lwm.

- Kom koj tus tswv cuab hauj lwm qhia rau koj seb koj puas ua hauj lwm nrog hmoov txhuas. Cov chaw ua hauj lwm uas pom tias muaj hmoov txhuas muaj nyob li ntawm:
 - cov chaw neeg ua hauj lwm uas muaj cov taub dej kub ua kom tuaj cua sov (radiator) los sis roj teeb, los sis txuas los sis xua hluav taws txuas ub no
 - cov chaw uas ua ua ntej 1978 uas raug pleev yeeb yuj tshuab los sis kho dua tshuab
- Yog hais tias koj ua hauj lwm nrog hmoov txhuas, hluav koj cov khaub ncaws ua hauj lwm thiab nkawm khau, thiab ntxuav los sis da dej ua ntej koj los tsev.

Nco ntsoov xyuas kom cov koom uas
koj nqa los tsev tsis txhob muaj hmoov
txhuas nyob rau hauv

Cov koom no feem ntaw muaj hmoov txhuas nyob rau hauv:

- cov tshuaj pab tom tsev (cov hmoov uas yog yeeb yuj kab ntxwv ci ci, daj, los sis dawb) zoo li Greta, Azarcon, Paylooah, los sis Liga
- tshuaj pleev plhu zoo li Kohl thiab Surma
- ib co khoob noom uas xa txawv teb chaws tuaj, tshwj xeeb tshaj yog cov khoob noom uas tuaj Mev Teb tuaj uas xua txiv maj qham ua

Tiv thaiv koj tus menyuam los ntawm cov hmoov txhuas

Pub cov koom noj thiab cov koom txom ncauj uas zoo rau koj tus menyuam noj uas muaj zaub, thiab cov koom noj uas muaj:

- cov koom noj uas muaj calcium (mis nyuj, cheese, yogurt, hmoov nplej pob kws, taum huv los sis noob taum)
- cov koom noj uas muaj iron (nqaij, nqaij qaib, cov cereal uas muaj iron, thiab raisins thiab lwm yam txiv hmab txiv ntoo uas qhuav)
- cov koom noj uas muaj vitamin C (txiv kab ntxwv thiab kua txiv kab ntxwv, txiv lws zoov thiab kua txiv lws zoov, thiab txiv lws suav thiab kua txiv lws suav)

Yog xav paub ntxiv:

Hu rau Kev Pab Cuam Tiv Thaiiv Kev Lom Los Ntawm Hmoov Txhuas Thaum Menyuam Yaus los sis mus saib on-line ntawm:

www.dhs.ca.gov/childlead



CHILDHOOD
LEAD POISONING
PREVENTION
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Learn About LEAD POISONING

Protect Your Children



Lead can harm a child's brain

- Lead poisoning can make it hard for children to learn, pay attention and behave.
- Young children get lead poisoning more often than older children. Lead is also more harmful to them.



Most children who have lead poisoning do not look or act sick

- The only way to know if your child has lead poisoning is for your child to get a blood test for lead.
- Talk to your child's doctor. Your child may need a blood test for lead poisoning. Most children are tested at 1 and 2 years old. Some children over 2 also need to get tested.
- **Your child may be able to get free health care, including tests for lead. To find out, call 1-888-747-1222. The call is free.**
- If you are pregnant, lead can hurt your baby. Ask your doctor if you should get a blood test for lead.

BEWARE OF THESE LEAD DANGERS

Take these steps to keep your child safe.



LEAD IS IN paint and dust inside and outside of homes and buildings built before 1978.

- Wet mop floors, wet wipe window sills, vacuum, and wash all surfaces often with household cleaner. Rinse with clean water.
- Wash your child's hands often, especially before eating and sleeping. Also wash your child's toys often.
- Do not let your child chew on painted surfaces or eat paint chips.
- Cover bare dirt outside your home with plants, paving stones, concrete, bark, or gravel.
- Take off shoes or wipe them on a doormat before going inside.
- Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it. Call your local Childhood Lead Poisoning Prevention Program to find out about testing your paint.



LEAD IS IN pots and dishes that are old, handmade, or made outside of the U.S.

- Have these tested for lead before you use them for food or drinks. Call your local Childhood Lead Poisoning Prevention Program to find out about testing your pots and dishes.

LEAD IS IN many workplaces.

- Ask your employer to tell you if you work with lead. Workplaces where lead is found include:
 - places where people work with radiators or batteries, or do soldering or welding
 - places built before 1978 that are being painted or remodeled
- If you work with lead, change out of your work clothes and shoes, and wash or shower before you come home.

Be sure that products you bring home do not have lead in them

These products often have lead in them:

- **home remedies** (bright orange, yellow, or white powders) like Greta, Azarcon, Paylooh, or Liga
- **make-up** like Kohl and Surma
- **some imported candies**, especially candies from Mexico made with tamarind fruit

Protect your child from lead

Feed your child healthy meals and snacks that include vegetables, and foods rich in:

- **calcium** (milk, cheese, yogurt, corn tortillas, tofu or bean curd)
- **iron** (meat, chicken, cooked dried beans, iron-fortified cereals, and raisins and other dried fruit)
- **vitamin C** (oranges and orange juice, grapefruit and grapefruit juice, and tomatoes and tomato juice)

For more information

Call your local Childhood Lead Poisoning Prevention Program or check on-line at:

www.dhs.ca.gov/childlead

